



The Ultimate Secrets of Total Self-Confidence: A Proven Formula That Has Worked for Thousands

By Robert Anthony

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This is no way to live! Like so many others, you can now enjoy your own personal success story by mastering the principles of total self-confidence. Here Dr. Robert Anthony reveals the secrets he has taught in seminars and workshops that have changed thousands of lives. Executive businessmen, star athletes, and celebrities know how total self-confidence can make you soar. And now you can, too.

YOU WILL LEARN:

- How to tap into your creative imagination—and use it to get what you want
- How to clear your mind of fear, worry, guilt, and reverse failure
- The best ways to communicate and the art of small talk
- The simplest ways to get perspective and set goals
- The joys and benefits of being differentLet Dr. Anthony guide you on this step-by-step, day-by-day path toward total self-confidence—in your career, family, love life, finances, and mental and physical health—and achieve a brand-new, totally positive and confident outlook.

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Editorial Review

About the Author

Robert Anthony, a prominent psychologist, is also the author of such books as **Dr. Robert Anthony' s Advanced Formula for Total Success** and **Doing What You Love, Loving What You Do**.

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